



## DEPARTMENT OF THE NAVY

OFFICER IN CHARGE  
NAVAL SUPPORT ACTIVITY, NORFOLK  
NORTHWEST ANNEX  
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CHESAPEAKE, VIRGINIA 23322-4094

NAVSUPPACTNORVANWINST 5100.12  
N02S  
13 Dec 04

### NAVSUPPACT NORFOLK NORTHWEST ANNEX INSTRUCTION 5100.12

Subj: NAVAL SUPPORT ACTIVITY NORTHWEST JOGGING AND BICYCLING POLICY

Ref: (a) CINCNAVINST 5100.10G  
(b) OPNAVINST 5100.12G

1. Purpose. To protect personnel from accidental death and injury, including mishaps, which may occur while jogging or bicycling.
2. Cancellation. NSGANWINST 5100.2F.
3. Applicability. This instruction applies to all military, civilians, and military dependents who jog or bicycle on Naval Support Activity, Northwest Annex.
4. General Policy. The following general policies apply to the specific activities noted. Definitions are provided to avoid confusion.

#### a. Definitions

(1) "Reduced Visibility" is defined as the period after evening colors but before morning colors and during inclement weather.

(2) The term "jogging" includes jogging, walking, and running for recreational purposes. It does not apply to personnel transiting between residences, worksites, bus stops, and similar close proximity locations. It also doesn't apply to military formations or other similar government controlled/sponsored events.

b. Jogging. The following general policies apply to personnel jogging on streets and roads on Naval Support Activity, Northwest Annex.

- (1) Jogging is prohibited on Relay Road at all times.
- (2) Jogging is prohibited on all roads at nighttime.
- (3) To increase visibility, personnel jogging shall wear light colored clothing.
- (4) During periods of reduced visibility, joggers shall wear retro-reflective clothing.
- (5) When jogging or marching in formation, during reduced visibility, road guards are required to wear reflective vests. Also, formation will refrain from using foul or inappropriate language - be professional.
- (6) Personnel should warm-up in designated areas such as the fitness center, tennis court, softball field, etc.

(7) Personnel will not use Relay Road for any type of strength building. These activities should be done in designated areas only.

c. Bicycling. The following general policies apply to personnel bicycling on station streets and roads for recreational purposes.

(1) Personnel riding bicycles on any area of the installation including housing shall properly wear approved helmets at all times.

(2) Bicycle riders shall wear light colored clothing at all times and reflective clothing during periods of reduced visibility.

(3) Bicycles used during periods of reduced visibility shall have a forward facing white light and a rear facing red light in operation at all times.

e. MWR Sponsored Events. MWR organized and sponsored events that include entering or crossing streets, roads, or vehicle parking areas shall comply with the following minimum requirements.

(1) Advance coordination with the Physical Security Officer shall be accomplished to ensure appropriate traffic safety measures are established.

(2) Whenever possible, areas involved shall be cordoned off from normal traffic by the use of traffic cones, barriers, and/or security personnel as appropriate.

(3) Safety workers equipped with retro-reflective vests and when appropriate, safety lighting (flashlights, battery operated lanterns, etc.) shall be placed at the head, rear, and either side of any processions before they enter or cross streets, roads, or vehicle parking areas.

(4) Properly equipped safety workers shall be placed on both sides of any procession and they shall stop any and all traffic before that procession crosses a street, road, or vehicle parking area.

f. Portable Headphones, Earphones, or Other Listening Devices. Wearing of portable headphones, earphones, or other listening devices while jogging, walking, bicycling, or skating on station roads and streets is prohibited. This does not include equipment hearing aids nor does it negate the requirement for wearing hearing protective equipment where conditions dictate their use, or when communications type equipment is being used for official business.

g. Roller Skates, Roller Blades, and use of Skate Boards. Skaters shall wear minimal personal protective equipment designed for the activity they are engaged in. Additional protective equipment may be advisable depending upon the activity. Guidance should be sought from qualified sources before participating.

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h. Off-Road Vehicles. These vehicles are not permitted on dirt roads, and will remain on the pavement at all times.



A. J. MCMENAMIN

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